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# CONSUMER TIPS > >

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Library, U. S. Dept. of Agriculture

C76 Information from Bureau of Home Economics, USDA)

## SUGGESTED MENUS

1. Ground meat & pickle sandwiches on whole wheat bread, raw carrot strips, doughnuts, milk.
2. Chicken noodle soup (in thermos bottle), cream cheese & jelly sandwiches on rye bread, celery, apple tart.
3. Lunch meat on enriched white bread, fresh whole tomato, baked custard (in glass jar or paper container), cocoa.
4. Dried beef sandwiches on rye bread, cabbage slaw (in jar or container), chocolate cup cakes, milk.
5. Macaroni salad with cheese (in jar or container), cinnamon roll, cucumber strips, fruit, milk.

(Over)

6. Hard-cooked eggs, potato chips, nut bread sandwiches, grapes, milk.
7. Cream of potato soup (in thermos), wiener sandwiches, molasses cake, pears.
8. Tomato juice (in thermos, can, or bottle), baked beans, brown bread, sliced cabbage hearts, apple sauce.

### RULES FOR PREPARATION

1. Plan lunch day before; cook enough food for left-overs.
2. Have food, equipment handy; pack lunch in morning.
3. Pack 1/3 of day's food in lunch, including: milk in food or drink; whole wheat or enriched bread; meat, cheese, eggs, or fish; at least one fruit, one vegetable or both.
4. Wrap dry foods in wax paper; puddings & salads in jar.
5. Be sure meat or egg mixtures are fresh & wholesome.
6. Clean & air lunch box & vacuum bottle every night. CT-89

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